

School Staff who make healthy choices benefit themselves and serve as role models for students. Staff wellness provides an opportunity for staff to become more efficient in the classroom and motivates healthy lifestyle behaviors and overall well being.

Here are some wellness activity ideas provided by teachers for teachers

Start a Book Club: Starting your own book club is a great way to stay up on the latest bestsellers and make new friends. It's also a great way to relax. Here's a web site that can get you started:

http://bestsellers.about.com/od/bookclubresources/ht/start_book_club.htm

Meet at a library, after school in the lounge or take turns meeting at your homes in the evening.

Walking Wellness: Using fitness train stations - before or after school walkers follow a hallway "trail." The trail is labeled for distances (miles & steps) with periodic fitness stations - do the circuit (trail) 10 times to hit all then stations or however many you have. Place posters at each station put the posters up high and the stations areas in more out-of-the-way areas or less traffic areas.

Healthy Staff Award: A role model program to recognize staff members that are taking action to improve their health. Nominate someone that deserves an award and put why they deserve the award, some teachers may want to nominate themselves to spread the word about something they are doing. Award winners get a golden athletic shoe (use gold spray paint on an old athletic shoe) to display at their worksite and their choice of a \$20 gift card. You could elicit donations from area businesses or collect a nominal amount from each nominee.

Wellness Wednesdays: Wednesdays are designated as walking Wednesdays. This can take place before or after school, during recess or during a class break - staff bring their shoes and walk to the high school track (for instance) and walk around as many times as possible during a 20-minute break. Someone takes the lead and reminds others on Tuesday to remember their shoes. If the adult students would like to join in, it's all the better!

On Your Honor Fruit Basket: Find a group of interested staff members who will take turns bringing in fruit and veggies on Mondays and to put in the staff lounge. Charge only what you need to cover the cost of the fruits and veggies, place them in a basket and leave a bag out with change to collect when anyone wants to buy, this is an "on your honor" system. One person is designated to take care of the finances and make sure that there is adequate money each week to continue to pay for the fruits and veggies.

Be Young Again: If you take time to absorb the world of your students, you'll learn a lot about how they think and what they like. Some ideas: read their magazines for clues about the trends that influence them and the pressures and problems they are facing. You'll find out what makes them happy and what scares them, and you'll be even more prepared to meet their needs and help them grow when fall arrives.

On the Move: A self-paced walking program. Your goal is to increase your physical activity by walking 7,500 steps, 10,000 steps or 13,000 steps four days a week for eight weeks. Choose your steps per day goal at the beginning of the program. Have important dates: Registration due by, Starting date on, Kickoff event on, and Last date to walk is. Make a "Road Map." Charge \$10 to participate. Mail or hand out a "Road Map" and a pedometer once your registration is received.

MDCH Cardiovascular Health, Nutrition and Physical Activity Section www.michigan.gov/cvh

For more information contact: Lisa Grost grostl@michigan.gov

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